MOTOROLA
11:00
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Advertising Feature
Woman Walks from Coast to Coast
TORONTO – Meet Jacqueline Davies. On the surface, she appears like your everyday average Canadian. But there's something special about Jacqueline: she recently finished walking from coast to coast.
That's right. No joke. She started in Gander and, over the course of 14 months, walked all the way to Vancouver, stopping only for food and sleep. When asked what possessed her to set out on such a grand and bizarre undertaking, Jacqueline answered, "I like to walk. A lot. Also, Canada is awesome. I wanted to see it."
But how did she overcome the loneliness of spending hours on end walking, with nobody to talk to and no TV shows or Internet? Simple. "I had my TELUS phone with me, so I never got lonely in the first place," she said. Makes sense, since TELUS has a huge, fast mobile network with loads of coverage from coast to coast.
"I shared the walk with my family, every step of the way – blogging, texting, talking . . . whatever. I never felt alone. Not once."
Jacqueline Davies never got lonely as she walked from one coast to the other.
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CABLE MUST PAY TV NETWORKS: CRTC, PG11

Health pg 20

Feel-good tips for you to live by

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metronews.ca

Celebrity Buzz

Alleged mistress praises James

pg 26

Transit trips met Olympics' goal

GAMES Vancouver's transit system moved 26 million people by train, bus and ferry during the Olympics — a 30 per cent increase, TransLink announced yesterday.

The average weekday saw more than 1.5 million rides taken, which helped reduce vehicle traffic by the 30 per cent goal established ahead of the Games.

The SeaBus and the Canada Line had the biggest ridership increases at 119 and 118 per cent respectively.

GREG DOWN/
FOR METRO VANCOUVER

Local pg 3

B.C. soldier dies in hospital

On the web
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JEFF HODSON/METRO VANCOUVER

Mayor Gregor Robertson, outside city hall yesterday, said he hopes the city's homeless count this morning will result in a baseline homeless number to measure the success of the homeless action plan.

Homeless count

City seeks baseline in plan to end homelessness by 2015

JEFF HODSON
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About 300 volunteers will visit food lines and drop-in centres this morning as Vancouver attempts to count its homeless population.

Mayor Gregor Robertson said the city has had success with its shelters and interim housing and is hopeful that work will be reflected in the count.

"On the street it feels like things are improving," Robertson said. "But the numbers will tell us how much success we're having."

A regional homeless count in 2008 tallied 1,547 homeless in Vancouver and 2,592 homeless in Metro Vancouver. Regional counts have been done in 2002, 2005 and 2008 and another is planned for March 2011.

The city, which has a goal of ending homelessness by 2015, is updating its homeless action plan and wants a baseline against which to judge its efforts.

"It's important to know how many homeless people there are," said Jill Davidson, the city's assistant director of housing policy.

"We really want to get everybody in the community involved to solve the problem."

Vancouver's count began last night in homeless shelters and was to continue this morning at congregating places, like soup lines and drop-in centres.

Volunteers wear large yellow buttons and are armed with questionnaires that ask why the person became homeless, how often they stay in shelters, and where do they get their money.

The questionnaires also try to identify health issues and what health services are used.

The city's four winter response shelters will close at the end of April, but Robertson said he was hopeful that money could be found to fund the three HEAT shelters, which are also scheduled to close.

Closing of winter shelters

• Parks Comm. Raj Hundal said he's worried that the pending closure of the city's cold weather emergency shelters could result in more people sleeping in local parks. Story, page 4.

ShareYourViews
vancouverletters@metronews.ca

Surfers overtake couch potatoes

SURVEY Canadians are spending more time online than they are in front of their television sets, the first time Internet usage has jumped ahead of TV watching, a new survey by the Ipsos Reid polling firm suggests.

But they're still watching TV on their computers as more shows migrate online, said Mark Laver, associate vice-president of Ipsos Reid.

"We're not necessarily watching less television," Laver said.

"We're watching television in a different form in a different medium. Some of that increase in Internet usage is coming from people watching shows online."

Overall, Canadians are now spending more than 18 hours a week online, compared with 16.9 hours watching television, says the Interactive Reid Report.

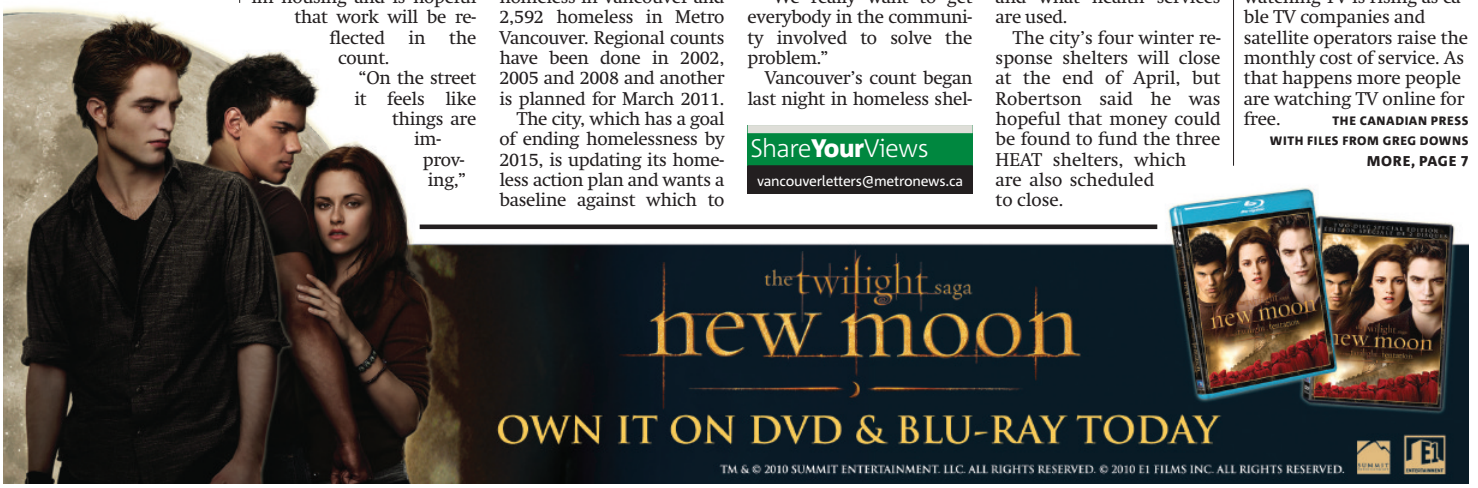
Jordan Shabtai, 22-year-old Vancouver resident, said the Internet has made life easier.

"(It's) more convenient being able to pull up shows whenever, sometimes before it even airs (on the West Coast)," he said.

Some industry watchers also noted that the cost of watching TV is rising as cable TV companies and satellite operators raise the monthly cost of service. As that happens more people are watching TV online for free.

THE CANADIAN PRESS
WITH FILES FROM GREG DOWNS

MORE, PAGE 7



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SCANLIFE

Local

Meet UFC fighter Frank Mir

Less than two weeks after fighting for the UFC interim heavyweight title, Frank Mir, left, is making a couple of promotional appearances in the Vancouver area to sign autographs. Mir will be at Popeye's Supplements in Langley and Surrey on April 11. Visit nutrabolics.com for details. METRO VANCOUVER

Scan this code or text LOC to 82442 for local news.
See the Local page to learn how to scan.

News in brief

REMAINS RCMP near Victoria have reopened a portion of the popular Galloping Goose trail that was closed this weekend after the charred remains of a yet unidentified woman were discovered. Police are examining 29 missing-person's cases from Southern Vancouver Island to try to find a match.

MEGGS Vancouver city Coun. Geoff Meggs says he hopes to go back to work next week after being hit by a car and knocked unconscious while riding his bike two weeks ago, cknw.com reports.

FIRE Police say a fire following an explosion at an Abbotsford restaurant is being investigated as a possible arson case. The blast sent furniture flying through windows and smashed glass in buildings across the street. At least one man was severely hurt in the third fire at that location since 2008. METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Your Money Allan Small weighs the pros and cons of the surging Canadian dollar at **metronews.ca/investing**

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Backcountry slopes very unkind to men

KRISTEN THOMPSON
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Of the 20 people killed in British Columbia avalanches in the past two winters, every victim was male. And of the more than 70 people killed since 2002, only two have been women.

This is a trend as old as history and one that likely won't change any time soon, said Juliet Zhu, a marketing professor at the University of B.C. with an interest in psychology and gender difference.

"There has always been a tendency for men to engage in more risky behaviour than women," Zhu said. "It may have something to do with traditional roles played by genders."

She said men take it for granted that they can and should be able to take more risks.

"There's also that overconfidence that tends to be exhibited by men. And our society tends to nurture it with (the mentality that) boys don't cry and are supposed to be strong. It becomes a social norm."

While women don't tend to cross those boundaries, Zhu said they are starting to take more high-risk jobs and engage in more aggressive sports.

"There is still a big gap and that probably will never (change)," Zhu said.

While men are far more likely than women to put themselves in danger in the backcountry, people in their 20s are more likely than those over 30 to do so.

According to Mary Clayton with the Canadian Avalanche Centre, her organization is doing a lot of work at schools passing on the message of backcountry education and safety.

Fatalities

- At least 15 people died in avalanches in B.C. last year and five this season.
- Eighty-eight per cent of avalanche fatalities between 1984 and 2005 were male, according to a study released last year by the Canadian Medical Association Journal.

HO/THE CANADIAN PRESS

Cpl. Darren James Fitzpatrick, who was wounded earlier this month in Afghanistan, has died in an Edmonton hospital.

Hurt B.C. soldier dies in Edmonton hospital

GREG DOWNS
for Metro Vancouver

CORPORAL A soldier from Prince George has died in an Edmonton hospital after being wounded by a roadside bomb in Afghanistan on March 6, the Ministry of National Defence said yesterday.

Cpl. Darren James Fitzpatrick, 21, was on patrol just outside of Kandahar in his first tour of duty when an improvised explosive device went off, critically injuring him.

He was flown to Edmonton where he was based as a member of the 3rd Battalion Princess Patricia's Canadian Light Infantry. He died Saturday.

B.C. Premier Gordon Campbell said, "This is a difficult time for Cpl. Fitzpatrick's family, friends and brothers-in-arms.

"Today, we reflect on our gratitude for the men and women who serve our country, on Canadian soil and around the world. Canadians like Cpl. Fitzpatrick take on often dangerous jobs to protect our freedoms and help make the world a better place."

'Parents of the Year' wanted after movie heist

SUSPECTS In a press release titled "Parents of the Year Award," Richmond RCMP say they are searching for a man and a woman who allegedly used their children to steal $3,000 worth of movies from Future Shop.

The couple were caught on security camera March 3, walking into the store with two young girls and a stroller.

"The children picked out which movies they wanted to have and the parents loaded them into the child's stroller," said RCMP Cpl. Jennifer Pound.

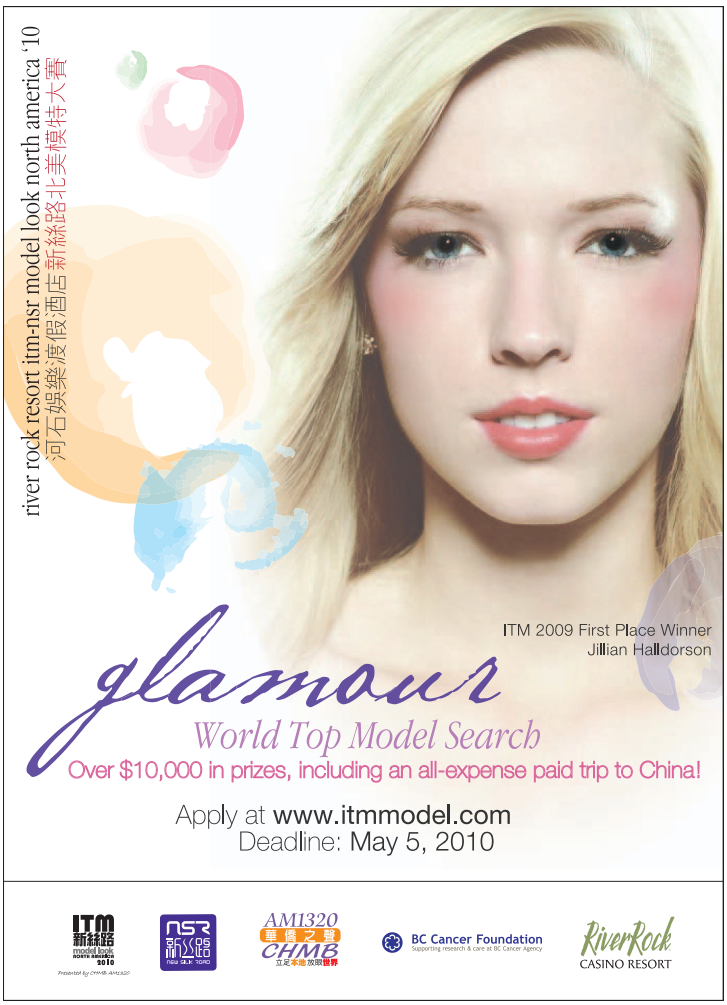
IMAGE COURTESY RCMP

Security footage of a wanted family accused of stealing together.

In all, they are accused of stealing about 80 to 100 Blu-ray and DVD videos.

Anyone with information is asked to call the RCMP at 604-278-1212, ext. 2282.

METRO VANCOUVER



Sports groups urge snowboarding in future Paralympics
Representatives from sport organizations in 10 countries met in Whistler to voice support for adaptive snowboarding in future Paralympics. METRO VANCOUVER

Parks to replace beds?

Homeless may lack shelter after cutbacks: Hundal

JEFF HODSON
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A city parks commissioner wants to know how the pending closure of 600 shelter beds in Vancouver will impact the number of homeless sleeping in parks.

Provincial funding for the city's three HEAT and four winter response homeless shelters is scheduled to run out at the end of April.

"Once they close, we're going to have potentially 600 people without shelter," said Vision Comm. Raj Hundal.

"There'll be a number of them forced to go onto the streets and of course seek shelter in our public parks."

In a motion at last night's park board meeting, Hundal asked staff for a report on the implications for parks that the closures may have.

He said he wasn't sure how long it would take to produce the report, but said that ideally work would begin right away and be completed as soon as possible.

He's also asked that the province be encouraged to continue to develop and fund interim housing and shelters for the city's homeless.

"There's no question that this will have an impact," Hundal said. "If the provincial government were to stop funding these shelters ... it's like taking one step forward and two steps back."

Housekeeper who won $2M jackpot to travel, return to school

LOTTERY A 25-year-old Abbotsford woman says she won't have to shop in the clearance centre anymore after winning $2 million in the BC-49 jackpot.

Rachel Paimen says she started running around the house and screaming after she realized she'd matched the winning numbers on last Saturday's draw.

Paimen, who works as a housekeeper, says she plans to go to Mexico for a holiday before heading back to school to get her degree. She joins a growing list of B.C. jackpot winners this month, starting March 1 when a Surrey couple claimed $25 million in the Lotto Max game.

METRO NEWS SERVICES

News in brief

FOREST The province has introduced legislation that says an equal area of trees will be planted as is cleared from forest land for other uses. Forests and Range Minister Pat Bell says the Zero Net Deforestation Act will help B.C. cut emissions.

CRASH A 78-year-old woman has died in hospital after being hit by a car Friday while crossing 48th Street in Delta. The driver of the vehicle stayed at the scene. METRO NEWS SERVICES

Theo Fleury to speak at fundraiser
Former NHL player Theo Fleury is coming to Vancouver on April 8 to speak at a fundraiser for the Canadian National Institute for the Blind. The CNIB Visions Lunch will be held at the Fairmont Hotel Vancouver. Tickets cost $60. METRO VANCOUVER

Cut off violent criminals' pensions: Group

GREG DOWNS
for Metro Vancouver

The government should stop pension payments to prisoners such as serial killer Clifford Olson, a Vancouver-based victims' rights groups says.

Olson, known as the Beast of B.C. for killing two children and nine youths in the early 1980s, is among those collecting up to $14,000 a year after hitting age 65.

David Toner, president of Families Against Crime Trauma (FACT), said he's "disgusted" and that criminals are getting better treatment than victims. Toner's son was murdered in 2005.

"Victims' service funding is one of the lowest priorities in the justice program," he said. "It sees less money than all the other programs and issues."

Inmates can receive up to $1,169 a month between Old Age Security pension and Guaranteed Income Supplement, according to FACT.

"We're probably talking a few million bucks a year (in inmate pensions) that could go to victims' service programs (instead)," Toner said.

"What does an inmate spend that on? Cigarettes? Prisoners shouldn't benefit in any way while they're incarcerated, they're supposed to be serving their time and paying a debt to society."

Women charged over stolen dogs

VANCOUVER ISLAND RCMP say they know who let the dogs out.

Three women have been arrested on Vancouver Island after two dangerous dogs, which were ordered put down, were stolen from an SPCA in Coombs.

The women were charged after someone broke into the kennel on March 18 and made off with a shepherd cross and black-lab cross.

"The dogs have been safely recovered and are being cared for at an undisclosed location," said RCMP Sgt. Brian Hunter.

They were seized in relation to a dangerous dog investigation and ordered euthanized.

METRO VANCOUVER

News in brief

SCHOENBORN The verdict in the Allan Schoenborn case will not be appealed by B.C. Crown counsel. Schoenborn was found not criminally responsible for the murder of his three children in Merritt because of a mental disorder.

SENTENCING A 29-year-old Washington State man who worked with a Vancouver man to smuggle ecstasy across the border into the U.S. has been sentenced to 16 years in jail. Gordon Sin was previously sentenced to five years in U.S. jail for his role.

GROW-OP Police have seized $20,000 worth of equipment and chemicals, and 700 marijuana plants after busting a grow-op in Delta. Officers found the facility after the fire department responded to a call of wires down and a minor fire at a home on Kempson Crescent.

FUNDING CUTS The B.C. Arts Council has cut this year's Vancouver Fringe Festival's budget by 60 per cent, according to the festival's executive director David Jordan. Jordan says the cuts will hit next year after the $70,000 pledge from the B.C. Gaming Fund ends.

POLITICS Vision Vancouver wants a ban on corporate and union donations during municipal elections, according to Coun. George Chow.

METRO NEWS SERVICES

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*- **Patricia Neal***
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*- **Roland Dumas***
Lawyer and Former French Minister of Foreign Affairs

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*- **Steve Fastook***
CNBC's VP of Operations

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*- **Elizabeth Hubley***
Canadian Senator and Former Dance Instructor

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Google is expanding its popular mapping service to "nearly all of the country", and will spend the next few months photographing cities across Canada. METRO NEWS SERVICES

Canada

B.C. vulnerable to cyber crimes

Study lists five B.C. cities among 10 most affected

Quebec residents appear to be among the least susceptible to cyber crime while citizens of Burlington, Ont., were the most susceptible in a list of Canada's most vulnerable big cities, according to a report by security software maker Symantec.

The company used recorded incidents of cyber crime and per-capita data on Internet access and computer spending to determine which of Canada's 50 largest cities rank most at risk for online threats like identity fraud.

Vancouver made the list of top 10 most-vulnerable cities, as did Victoria, Port Coquitlam, Langley and Kelowna. Rounding out the top 10 were Calgary, Toronto and three Ontario cities: Burlington, Markham and Kitchener. In terms of actual cyber crimes, all five B.C. cities also made the top 10.

Montreal had the highest ranking of Quebec cities on the list, at No. 25, while seven other Quebec cities rounded out the bottom of the list in places 44 through 50.

Symantec says higher per-capita access to the Internet — through home connections and WiFi hotspots — increases the risk of a city's computers being targeted. Affluent suburb Oakville, Ont., was ranked as sixth most vulnerable because of high rates of Internet access and computer spending, even though the city was 25th in incidents of cyber crimes.

Burlington had the worst rates of: Computers infected by malware programs; attempted infections; and rates of computers being hijacked to send out spam.

Burlington was second worst behind Victoria, in the fourth category: Having a computer co-opted into a so-called botnet, a global network of computers that carries out attacks.

THE CANADIAN PRESS

Lotto **Tears of joy for winner**

COLIN PERKEL/THE CANADIAN PRESS

William Rollings wipes a tear from the face of his wife Bonnie Preece, 49. Preece, of London, Ont., had one of two winning tickets for Saturday's Lotto 6/49 jackpot, and won $20.6 million. She says she has no plans to quit her job as a supermarket cashier.

No cuts to benefits: Day

PROMISE Treasury Board President Stockwell Day says the government will not cut benefits to the public service.

The minister told a House of Commons committee there will be a discussion around pensions with union leaders, but generally benefits will not be affected.

Day says he doesn't want to cut benefits because "members have paid for these benefits."

But he left open the possibility that the public service would be made smaller through attrition.

In beginning his testimony, Day said the government can balance the budget in five years without counting on extraordinary growth in the Canadian economy, or tax increases.

THE CANADIAN PRESS

News in brief

SWEET! Real maple syrup is full of compounds touted for their health benefits, according to a professor from the University of Rhode Island. Navindra Seeram, an assistant professor of pharmacy who specializes in medicinal plant research, found a cocktail of 20 antioxidants in 20 litres of the sweet stuff from Quebec, including 13 never before found in maple syrup. Although more research is needed to determine whether people can actually benefit from maple syrup, Seeram says the compounds are reported to have antibacterial, anticancer and antidiabetic properties.

WARNING Health Canada is warning that the antibiotic Avelox may be linked to rare but dangerous liver problems. The drug regulator said the product label is being updated to draw attention to this potential side effect.
Health Canada says anyone who experiences abdominal pain, loss of appetite, yellowing of the skin and eyes, severe itching and dark urine while taking Avelox should stop taking the drug immediately.

THE CANADIAN PRESS

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UN rejects weakening ban on ivory sales

Conservationists scored a rare victory at a UN wildlife meeting yesterday when governments voted to reject contentious proposals by Tanzania and Zambia to weaken the 21-year-old ban on ivory sales over concerns it would further contribute to poaching. THE ASSOCIATED PRESS

World

Sandstorms worsen in China

Northern China's spring sandstorms blew in with particular ferocity over the weekend, bringing misery to people working outdoors yesterday in Beijing and across a wide swath of the country. "It gets in your throat, under your clothes, in your bed," said Beijing street sweeper Xue Yuan. "I hate it, but there's really nothing you can do." The storms are a product of worsening desertification in Inner Mongolia and other Gobi Desert regions hundreds of miles to the north and west of Beijing. THE ASSOCIATED PRESS

U.S. health-care reform: Will it matter this fall?

U.S. President Barack Obama might have achieved a massive legislative victory with passage of his sweeping health-care overhaul this weekend, but the future of the bill remains in doubt with Republicans likely to win big in November's game-changing mid-term elections.

Top Republicans are vowing to kill health-care reform if they recapture control of Congress in eight months, a distinct possibility due to a lingering economic recession and a U.S. jobless rate that's expected to remain in the double digits for months to come.

In the immediate future, they're also threatening to hang up the bill indefinitely in Congress as Democrats attempt to push it through with a complicated parliamentary procedure called reconciliation.

"America has just witnessed an unconscionable abuse of power," Mitt Romney, considered a frontrunner for the Republican presidential nomination in 2012, said in a statement yesterday.

Even those of a less partisan bent say Democrats are in trouble in November. THE ASSOCIATED PRESS

Highlights of the reform package

- The bill provides health insurance to some 32 million Americans who are currently not insured, either because they can't afford it or they're already ill.
- Insurance companies will not be allowed to drop customers when they get ill, and may not refuse to insure children because they're ill.

METRO NEWS SERVICES

ScanLife

Blaming attacks from 'partisan operatives,' ACORN disbands

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Argentina **Water day protest**

NATACHA PISARENKO/THE ASSOCIATED PRESS

Argentine artist Nicolas Garcia Uriburu, accompanied by Greenpeace activists, throws a colouring substance in the Riachuelo River in Buenos Aires yesterday. Greenpeace's initiative to colour the polluted river was part of the group's actions to commemorate International Water Day.

Virgin carries out space test flight

SPACE Virgin Galactic's new space tourism rocket has been taken aloft over the California desert by a mothership aircraft on its first so-called captive-carry test flight. Virgin Galactic says in a statement on its website that yesterday's flight at the Mojave Air and Space Port was successful. The spaceship remained attached to the specially designed jet-powered mothership throughout the flight. In the future, the spaceship will be launched from the larger aircraft, fire its rocket and carry passengers on a suborbital thrill ride into space before gliding to a landing — for about $200,000 US a ticket. It's the second generation of the system that sent the first privately developed, manned rocket into space in 2004. THE ASSOCIATED PRESS

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

Bus drivers clash with authorities in Guatemala
Guatemalan police say dozens of bus drivers used their vehicles to block access to the capital to demand better security. THE ASSOCIATED PRESS

RAGNAR AXELSSON/THE ASSOCIATED PRESS

Molten lava vents from a rupture near the Eyjafjallajokull glacier in Iceland.

More eruptions feared

Blasts of lava and ash shot out of a volcano in southern Iceland yesterday and small tremors rocked the ground, a surge in activity that raised fears of a larger explosion at the nearby Katla volcano.

Scientists say history has proven that when the Eyjafjallajokull volcano erupts, Katla follows — the only question is how soon. And Katla, located under the massive Myrdalsjokull icecap, threatens disastrous flooding and explosive blasts when it blows.

Saturday's eruption at Eyjafjallajokull — dormant for nearly 200 years — forced at least 500 people to evacuate. Most have returned to their homes, but authorities were waiting for scientific assessments to determine whether they were safe to stay.

Several small tremors were felt early yesterday, followed by spurts of lava and steam rocketing into the air. THE ASSOCIATED PRESS

News in brief

FRANCE President Nicolas Sarkozy dismissed his labour minister and reshuffled several other cabinet posts yesterday after leftists walloped his conservatives in France's regional elections — a defeat that exposed his inability to convince the public on his economic reforms. Twenty of Sarkozy's cabinet members ran for regional posts, and all lost. THE ASSOCIATED PRESS

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Calgary Stampede Air + 3 Nights + Activities from $949 + taxes & fees $100
INCLUDES 3 nights accom, tickets to the Rodeo, Chuck wagon races & Grandstand Show, sky-ride tickets, souvenir programs and Calgary Stampede souvenir golf shirt.

Whistler 3 Nights + Activity from $259‡ taxes & fees included
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Okanagan Valley 3 Nights 4-Star + Activity from $379‡ taxes & fees included
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Anaheim Family Special Air + 7 Nights from $369◊ + taxes & fees $99
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Comment

Progressives prevail

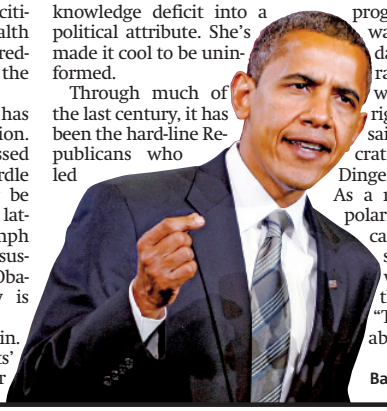
NationalReport

Among developed nations, the United States has had a unique standing. It was the only one not to offer its citizens comprehensive health care. For decades the redneck right blocked the march toward civility.

Now the march has reached the destination. Health-care reform passed its major legislative hurdle Sunday and will likely be given the final go-ahead later this week. The triumph comes courtesy of the sustained effort of Barack Obama, whose presidency is now revitalized.

It's a remarkable win. Following the Democrats' loss of former senator Ted Kennedy's seat in Massachusetts, it looked like health-care reform was dead. It looked as if Republican regressives were gaining momentum. The Sarah Palin movement is essentially a reactionary one, one that preys on people's base instincts and base prejudices, a rebellion of sorts against enlightenment and erudition. With her down-home charm, her ability to connect, Palin turned her knowledge deficit into a political attribute. She's made it cool to be uninformed.

Through much of the last century, it has been the hard-line Republicans who led the drive against other social security advances, who were the holdouts on civil rights, who pushed for handguns in every household. The health-care reform, the biggest social welfare advancement in decades, won't slow them much. It will give Rush Limbaugh and Glen Beck and Palin all the more reason to try to advance their backward agenda.



Barack Obama

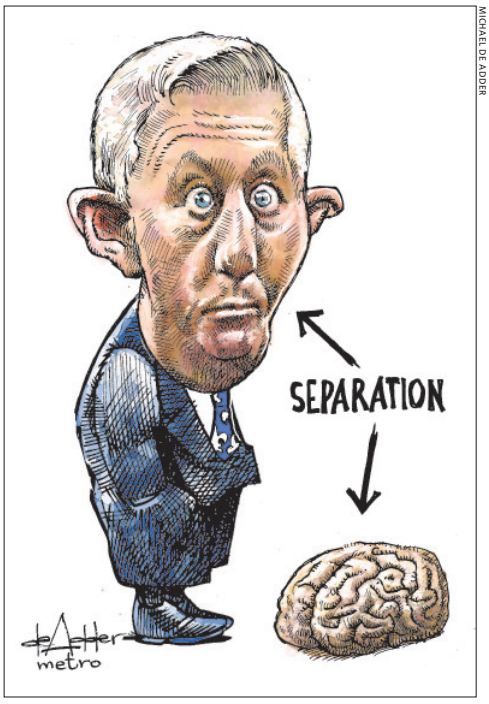
But for the moment the progressives lead the way. "Today is the day that is going to rank with the day we passed the civil rights bill in 1964," said veteran Democrat lawmaker John Dingell.

As a reflection of the polarization in American politics, not a single Republican voted in favour of the legislation. "This debate is not about the uninsured," said Devin Nunes, a California House member. "It is about socialized medicine. Today Democrats in this House will finally lay the cornerstone of their socialist utopia on the backs of the American people."

The legislation, Nunes forgot to mention, does not include a new government-run insurance plan like there is in Canada.

It won't be like the Canadian system, but it will nonetheless enhance the American reputation on this side of the border. Given that one of the deterrents for Canadians moving south was their weak health-insurance system, it may even lead to an increased brain drain. But in the circumstances, that's tolerable. The important thing is progress. A president who can lead the United States to a higher place is on the move.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

We Know What You're Thinking

31% The number of Canadians who say they hear a lot about identity theft but are not sure what it means.

IPSOS REID

See metronews.ca for Christine Williams' In Step column – A snapshot of the nature/nurture debate

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Melnyk sells stake in Canadian pharmaceutical company
The founder of Biovail Corp, Eugene Melnyk, has sold "substantially all" of his holdings in the Toronto-area pharmaceutical company. According to a regulatory filing with the U.S. Securities and Exchange Commission, Melnyk sold about 9.6 million Biovail shares since Nov. 24. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Television networks win in CRTC ruling

Those CTV and Global shows that come into your home courtesy of a cable or satellite company could soon hike your monthly bill — or possibly even go dark — following a landmark ruling on how money flows in the broadcasting system.

The TV networks won their fight yesterday before the country's broadcast regulator to negotiate a fee for their signal with cable and satellite providers, who have never paid before for those transmissions.

But the Canadian Radio-television and Telecommunications Commission (CRTC) also wants the Federal Court of Appeal to review the new "value for signal" system before it kicks in.

And the Conservative government will have to decide whether it can live with the decision, or balk against the threat of increased costs for consumers by overturning it.

The broadcasters had warned that the future of local TV programming depended on their getting a solid new source of revenue, with advertising dollars drying up and audience numbers dwindling.

The cable companies posted an 11.9 per cent rise in revenues in 2009, a recessionary year.

If the court gives the green light, the industry and consumers will be in for a wild ride.

Suddenly, cable and satellite companies would be forced to negotiate with conventional broadcasters for payment to carry their signals.

CTV's corporate vice-president Paul Sparkes celebrated the commission's decision.

"They have recognized that there is value associated with the content that we produce, so we're very happy with that," said Sparkes.

"I'd like to thank the thousands of Canadians who wrote in to the CRTC in support of our position and in support of local television." THE CANADIAN PRESS

Increased bills

- The cable and satellite firms have already warned they'll pass extra costs on to consumers. "Consumers are going to see increased bills on monthly basis for access to local programming, and that's the part that I find rather sad," said Mirko Bibic, Bell's senior vice-president of regulatory and government affairs.

Bureau rejects amendments to rules governing real estate

RULES Changes to rules governing real estate services do not create more choice for home buyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules, Canada's federal competition watchdog says.

The Canadian Real Estate Association loosened its rules yesterday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle details on their own, including negotiations with potential buyers. However the Competition Bureau said the amendments protect CREA's ability to pass rules that could further restrict consumer choice, leading to reduced competition and higher fees. Commissioner of competition Melanie Aitken said in a statement the amendments do not remove existing roadblocks faced by realtors who want to offer a more flexible range of "a la carte" services.

"They are a step in the wrong direction. These amendments amount to a blank cheque allowing CREA and its members to create rules that could have even greater anti-competitive consequences." THE CANADIAN PRESS

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Chinese state media accuse Google of violating promises

INTERNET China reacted quickly yesterday to Google Inc.'s decision to stop censoring the Internet for China by shifting its search engine off the mainland, saying it is "totally wrong" and accusing the company of violating promises.

Google said Jan. 12 it would pull out part of its service if it had to keep censoring Internet results. Visitors to Google's old service for China, Google.cn, are now being redirected to the Chinese-language service based in Hong Kong, where Google does not censor searches.

"Google has violated its written promise it made when entering the Chinese market by stopping filtering its searching service and blaming China in insinuation for alleged hacker attacks," the official Xinhua News Agency quoted an official in a statement issued just hours after Google's announcement.

"This is totally wrong. We're uncompromisingly opposed to the politicization of commercial issues, and express our discontent and indignation to Google for its unreasonable accusations and conducts," the unnamed official said.

The official quoted from the State Council, or Cabinet, said the government talked to Google twice to try to resolve the standoff. THE ASSOCIATED PRESS

In brief

DEBT German intransigence over bailing out Greece has raised the chances that the debt-laden country will be forced to turn to the International Monetary Fund for assistance, possibly by the end of this week, in an embarrassing setback for European political union. Greece has around $27.1 billion US of debt maturing over the next couple of months and the last thing it wants is to pay sky-high premiums to get support in the international bond markets.

BANKS The German government plans to introduce a levy on banks to ensure that they pay for the costs of any future crises, sparing taxpayers, officials said yesterday. Leaders of Chancellor Angela Merkel's coalition agreed that "banks cannot in future gamble at the taxpayer's expense," Volker Kauder, the parliamentary leader of her conservative bloc, told ZDF television. THE ASSOCIATED PRESS

British Airways Strike continues

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Protesters on the picket line gesture as a British Airways plane comes in to land at Heathrow Airport yesterday in London. British Airways and the union representing its cabin crew are no closer to resolving a dispute over pay and conditions as a strike enters its third and busiest day.

Gas profits should rebound: Board

PREDICTION A prominent Canadian think-tank is predicting a rebound in natural gas profits in the coming year despite a dip in production.

The Conference Board of Canada says gas prices have nearly doubled in the past six months and are expected to be 36 per cent higher this year than they were in 2009.

The board says gas prices will average $5.44 per thousand cubic feet, bringing pre-tax profits for the year to about $5.9 billion and restoring them to near the levels experienced in 2008, when energy prices peaked then collapsed.

The economic downturn sapped strength from the gas extraction industry in 2009, dragging profits down 65 per cent for the year.

The board says the price increase will be offset by a two per cent decline in production, due to high inventory levels and the residual effects of the recession. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Take stock of risk tolerance before investing

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

Feel a slight pain in your chest while you're reading the stock pages or your RRSP statement? A recent preliminary study by researchers at Duke University discovered an increase in heart attacks after the recession began deflating stock prices in December 2007.

This confirms something I've always believed: Some of us simply aren't cut out for the rigours of being a stock-market investor.

The market term for this emotional reaction to your bottom line is risk tolerance. It is an infernally difficult thing to measure. Most people are less than half as brave as they think. If you believe you can tolerate 50 per cent of your portfolio in stocks or equity mutual funds held in RRSPs, RRIFs or non-registered accounts, you should start with 25 per cent or less.

You may be wondering why I'm bringing this up since the market has been so buoyant. Last week's rise in the Consumer Price Index signals the possibility of interest-rate increases, which historically tend to dampen the market.

The Duke University study reveals that it isn't just about the money. What good is a portfolio if you aren't alive to enjoy it?

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Health fraud can put your life at risk

HEATHER BUCHAN
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Unlike other types of fraud, health fraud can cost you more than just money — in some instances, it can cost you your life.

The Canadian Health Care Anti-fraud Association estimates health fraud costs Canadians $5 billion to $15 billion annually.

Health fraud is committed by both patients and health-care providers and includes a complex variety of activities, including bogus weight-loss schemes, bogus cancer cures, billing for services not rendered, billing for unnecessary treatment, malingering (exaggerating one's illness or injury to collect more benefits), selling drugs and devices that have not been proven effective, filling false claims, and more.

Even if you haven't been directly defrauded, the few individuals bilking Canada's health system means less of your money is spent supporting health care. As CHCAA explains, $15 billion can hire 20,000 new doctors and buy about 5,000 MRI machines.

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Pujols expected to take a few days off

St. Louis Cardinals slugger Albert Pujols received an anti-inflammatory shot yesterday for tightness in his back and is expected to be out of action for the next couple of days. The three-time NL MVP missed a week this spring because of lower back pain he described as feeling like spasms. THE ASSOCIATED PRESS

Sports

Goodell to chat with Big Ben

NFL commissioner Roger Goodell plans to meet with Steelers quarterback Ben Roethlisberger, left, about the star's off-field problems. Goodell already has spoken with team owners about Roethlisberger, who is accused of assaulting a 20-year-old college student in a Georgia nightclub March 5. Roethlisberger's lawyer says the quarterback committed no crime. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

CHRISTIAN PETERSEN/GETTY IMAGES

Vancouver's Andrew Alberts gives chase to Phoenix's Petteri Nokelainen during a game earlier this month. The Canucks are also chasing the Coyotes in the Western Conference standings.

Canucks setting the bar high

Clinching an NHL playoff berth or division title is important, but some Vancouver Canucks have higher aspirations.

They're looking at reeling in the Chicago Blackhawks and Phoenix Coyotes, who are five points ahead in the race for the Western Conference crown.

"There are always bigger goals and bigger dreams," winger Alex Burrows said yesterday before the Canucks flew to Edmonton for today's game against the nothing-to-lose Oilers. "To be five points back, I'd rather look ahead than look at Calgary or Nashville or L.A. coming in behind us.

"We'd rather look up front and try to catch those big fish."

Vancouver is currently sitting third in the conference and leading the Northwest Division. They are six points up on second-place Colorado.

With 10 games remaining, the Canucks have one fewer opportunity to gain points than Chicago. They have a game in hand on Pacific Division leader Phoenix and play the upstart Coyotes here on March 30.

Ryan Kesler, who signed a $30-million US, six-year contract extension last week, agreed catching the clubs in front of the Canucks is in the back of their minds.

> **"I'd rather look ahead than look at Calgary or Nashville or L.A. coming in behind us. We'd rather look up front and try to catch those big fish."**
> Alex Burrows

"Yes it is," said Kesler. "We've got to focus on the teams in front of us and we've got to focus on winning hockey games. Colorado's a couple of points behind us but we can't focus on that."

The Canucks, who missed an opportunity to gain on the conference leaders with Saturday's 4-3 overtime loss to Detroit, say entering the playoffs with momentum is also important.

"We could possibly catch teams ahead of us but more than that, the key is to finish strong, to go in the playoffs with some momentum, playing good hockey," said defenceman Kevin Bieksa.

THE CANADIAN PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Toronto 106 Minnesota 100
Chicago 98 Houston 88
Memphis 102 Sacramento 85
Miami 99 New Jersey 89
Milwaukee 98 Atlanta 95
New Orleans 115 Dallas 99
Orlando 109 Philadelphia 93
San Antonio 99 Oklahoma City 96
Utah 110 Boston 97
Phoenix at Golden State

TODAY'S GAMES

Charlotte at Washington, 4 p.m.
Indiana at Detroit, 4:30 p.m.
Denver at New York, 4:30 p.m.
L.A. Clippers at Dallas, 5:30 p.m.

NHL

YESTERDAY'S RESULTS

Ottawa 2 Montreal 0
Detroit 3 Pittsburgh 1
Los Angeles 4 Colorado 3 (OT)

TODAY'S GAMES

Florida at Toronto, 4 p.m.
Columbus at New Jersey, 4 p.m.
Boston at Atlanta, 4 p.m.
Philadelphia at Ottawa, 4:30 p.m.
Carolina at Tampa Bay, 4:30 p.m.
Dallas at Nashville, 5 p.m.
San Jose at Minnesota, 5 p.m.
Phoenix at Chicago, 5:30 p.m.
Anaheim at Calgary, 6 p.m.
VANCOUVER at Edmonton, 6 p.m.

WESTERN CONFERENCE OVERALL STANDINGS

	GP	W	L	OL	GF	GA	Pts
d-Chicago	71	45	19	7	234	179	97
d-Phoenix	73	46	22	5	201	179	97
d-VANCOUVER	**72**	**44**	**24**	**4**	**236**	**187**	**92**
San Jose	72	43	19	10	231	191	96
Los Angeles	71	42	24	5	211	188	89
Nashville	73	42	26	5	206	203	89
Colorado	72	40	25	7	216	194	87
Detroit	72	36	23	13	196	193	85
Calgary	72	36	27	9	184	181	81
St. Louis	72	34	29	9	196	199	77
Anaheim	71	34	29	8	203	217	76
Minnesota	72	35	31	6	198	211	76
Dallas	72	31	27	14	208	230	76
Columbus	72	29	31	12	187	229	70
Edmonton	72	23	42	7	184	248	53

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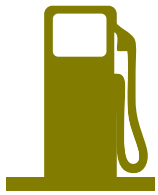

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Sports in brief

BLUE JAYS Brandon Inge hit a three-run homer to help the Detroit Tigers beat the Toronto Blue Jays 8-2 yesterday. Nate Robertson pitched 4⅓ innings for the Tigers, yielding two runs and five hits.

FOOTBALL NFL commissioner Roger Goodell likes the proposal to modify overtime in the playoffs. The competition committee recommends that a team surrendering a field goal on the first possession should have a series of its own in OT. Goodell says the idea "stays true to the integrity of the game" and finds it "very much worth considering."

NHL Philadelphia Flyers leading goal scorer Jeff Carter will miss three to four weeks with a broken bone in his left foot. Carter suffered the injury off a shot from Atlanta's Clarke MacArthur in Sunday's game.

BASKETBALL Memphis must vacate its record 38-win men's basketball season from 2007-08 after the NCAA rejected its appeal. The NCAA announced yesterday that its Infractions Appeal Committee ruled against Memphis, which was found to use an ineligible player, believed to be Derrick Rose.

NFL The New England Patriots are the big winner for losing free agents last year. The Patriots have been awarded the maximum of four compensatory picks in April's NFL draft. The selections will come in the sixth round (one, No. 205 overall) and seventh round (three, Nos. 247, 248 and 250).

NFL Miami Dolphins running back Ronnie Brown, who had been in the suburban Atlanta area to help celebrate his parents' anniversary, was arrested on a charge of driving under the influence of alcohol and released from jail a few hours later, officials said yesterday.

CFL The Hamilton Tiger-Cats signed all-star linebacker Markeith Knowlton to a contract extension through the 2012 season, the CFL club said yesterday. The six-foot, 205-pound Knowlton recorded 94 defensive tackles, four forced fumbles, four fumble recoveries and four interceptions last season. METRO NEWS SERVICES

NATHAN DENETTE/THE CANADIAN PRESS

Canada skip Jennifer Jones throws a rock against Latvia during the World Women's Curling Championships yesterday.

Early starts for Jones

SASKATCHEWAN Jennifer Jones' alarm clock will go off much earlier for the rest of the round robin at the women's world curling championship.

After playing afternoon and evening draws the first three days of the tournament, the Canadian skip and her rink from Winnipeg have three straight mornings of games at 8:30 a.m. local time, starting today against Denmark.

That's an early start when the curlers need to eat, get to the rink and stretch, particularly when they've played an evening draw the previous night, like they did yesterday.

Jones doesn't mind. The 35-year-old corporate lawyer and her teammates are veterans of the evening-morning draw schedule and adjust their eating and sleeping around it.

"Probably my favourite draw to play is a morning draw," Jones said yesterday after Canada's win. "I'm up anyway. I can't sleep in. It's a curse. I might as well get out there and curl. I'm not a night owl, that's for sure.

"If you have a morning-night, you can have a nap in the afternoon. We do it all the time."

Canada was the only unbeaten team at the world championships heading into the late draw yesterday against defending champion Wang Bingyu of China (1-3). The Jones foursome, out of the St. Vital Curling Club, doubled Latvia's Iveta Stasa-Starsune 12-6 in the afternoon.

Canada was 4-0, Erika Brown of the United States was 4-1, followed by Scotland's Eve Muirhead and Sweden's Cecilia Ostlund at 3-1. Russia's Anna Sidorova sat at 3-2.

THE CANADIAN PRESS

Spartans lose star to injury

NCAA Michigan State star Kalin Lucas will miss the rest of the NCAA tournament after an MRI has confirmed he ruptured his left Achilles' tendon.

In Lucas' place on Sunday, Korie Lucious made a three-pointer at the buzzer to put the Spartans into the round of 16 with an 85-83 win over fourth-seeded Maryland.

Lucas was hurt late in the first half of that game when he landed awkwardly after a shot. He is a two-time All-Big Ten player and leads the Spartans in points and assists.

He will be sidelined for four to six months.

"We feel terrible for Kalin, he was having a great NCAA tournament," Spartans coach Tom Izzo said in a statement.

"The good news is there is no doubt he will make a full and complete recovery."

THE ASSOCIATED PRESS

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Continuing Education

Study tip

Take regular breaks. Don't try to study for hours on end — you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break. Also be sure to try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information. SIMPSON.EDU

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Go behind the scenes

SEAN KOLENKO
for Metro Vancouver

While the traditional dining experience usually centres around consuming the specialties of restaurant professionals, a new culinary series offered through Capilano University hopes to flip that convention and make chefs and bartenders out of consumers — at least for a day.

Behind the Kitchen Door, the new cooking course available from the North Shore university, was established to guide participants through a day in the life of a restaurant. The program will offer a glimpse at everything from visits to the market to food preparation to understanding intricate wine pairings. Class sizes are limited to 14 people to ensure all participants have the opportunity to get involved in everything being put forward.

"We've always been committed to culinary education," said Lynne Mora, coordinator of continuing education at Capilano University. "But this is our first time in the kitchen. We're really going hands-on this time."

"This is a chance to teach people sustainability and the importance of local products." Andrew Wong, Wild Rice owner

The first restaurant participating in the series on April 15 is Wild Rice, a modern Chinese bistro known for its forward-thinking menu. Participants are scheduled to arrive at 10 a.m. and go on a Chinatown shopping trip with head chef Todd Bright. Upon returning to the restaurant, the group will be split in half with each group getting a turn in the kitchen and the front of the house.

Class leader Jason McRobbie sees this course as more than just an opportunity to sample some new food, but a chance to learn a few tricks for cooking in the home.

"It's really about opening up people's minds and pantries," said McRobbie, a former editor at BC Restaurant News.

"If you hang around with a guitarist for a few hours, you don't necessarily know how to play a guitar any better but the same doesn't apply to food. You can pick things up pretty quickly."

SEAN KOLENKO/FOR METRO VANCOUVER

Wild Rice Chef Todd Bright, left, with owner Andrew Wong.

For Wild Rice owner Andrew Wong, hosting such an event is a chance to showcase the importance of quality ingredients, something Wild Rice has taken seriously since it opened nine years ago.

"This is a chance to teach people sustainability and the importance of local products," he said. "This is not a business thing."

Cost for the day is $95. The class is expected to run from 10 a.m. until 2 p.m. Further Behind the Kitchen Door courses will be made available through the continuing education department at Capilano University.

Some other culinary courses available in Vancouver

- **The Kitsilano Community Centre:** While a private donation may have helped get the kitchen off the ground, classes in the community kitchen have been focused on giving back ever since. Doug Taylor teaches a number of programs out of the kitchen, ranging from teaching kids how to cook to providing hot meals for the homeless. For further information visit vancouver.ca.
- **The University of British Columbia:** UBC's Continuing Studies department continues to offer year-round cooking classes with chef Eric Arrouze. Classes for spring 2010 will focus on regional French cuisine as well as traditional Spanish fare. Classes run on weekday evenings, and prices start at $475 per session. Go to languages.ubc.ca/culinary arts for more information.
- **Dirty Apron Cooking School:** Chefs from acclaimed restaurants Medina and Chambar offer a wide range of classes from hands-on seminars to demonstration sessions. Specialty vegetarian, meat and dessert classes are just some of the topics offered. Wine courses are also available. Classes start at $135. For more information, visit dirtyapron.com.

– SEAN KOLENKO

Dunbar Community Centre teaches art behind photography

DANIEL HENDRIKSEN
for Metro Vancouver

With the technology of cameras evolving at such a rapid rate, the art behind photography and photo development is something that has gone by the wayside in recent years.

What happened to the days of cameras with actual film and the hands-on process it took to develop the images imprinted on that film?

If you're fascinated with photography and film development, the Dunbar Community Centre offers a few courses in analog black and white photography that will likely interest you. They have a darkroom onsite and it's open to anyone who wants learn about the process of developing pictures.

Sophie Noel, community centre program facilitator, says they offer two courses, one for adults and one for youths.

"Our youth program is called Basic Darkroom Plus for Youths, and it's all about bringing the old school analog black and white photography to the teens," she says. "The adult course is basically the same thing but they run on separate nights."

The youth course will run on Mondays from April 12 to May 17, and the adult class runs on Tuesdays from April 13 to May 18. All you need on your first day is a 35mm SLR camera. A supply list will be handed out and you can pick up those supplies at any camera and film store for approximately $60.

"When you take a class like this, you realize how things work and you get a deep understanding of how pictures come to be, and the options you have with each print," says Noel.

She adds that the course is a hands-on, fun environment where it's OK to make mistakes, and that the course is a great way to learn new things, including skills you really can't get anywhere else.

For the upcoming adult class, just five spaces are available — but according to Noel, an additional class may be added if the interest is there.

The Dunbar Community Centre also offers drop-in sessions in the darkroom. This is for people who have experience but don't have the equipment or access to darkroom.

For more information on any of the darkroom programs, you can contact Sophie at the Dunbar Community Centre at 604-222-6052, or you can check out their spring brochure.

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Classes like joining the big top

Vancouver Circus School teaches acrobatics, more

SEAN KOLENKO
for Metro Vancouver

For all the Vancouverites who could never muster up the courage to run away and join the circus, a one-of-a-kind school on the North Shore may be offering the next best thing.

The Vancouver Circus School, which opened in 2004, is a full acrobatic training school teaching circus enthusiasts of all ages a range of athletic, high-flying classes. They offer courses in everything from juggling to trampoline to trapeze swinging.

The school is owned by the father and son team of Aaron and Travis Johnson, a family with deep roots in acrobatics.

Father Aaron used to be the head trampoline coach for the Cirque de Soleil show Mystere, and Travis has been training on trampolines for the past decade.

"It makes people's jaws drop, and I wanted to do that."
Corey Atwell

While those in charge of the school have come from advanced professional backgrounds, people from all walks of life have sought out their services to not only learn circus training, but to improve their fitness as well.

"Our youngest student is two years old, our oldest is 70," said Travis Johnson. "People really like the non-competitive angle of our school. If you're not the best on a team, you're not the best, but here we don't look at things like that."

Currently, the Vancouver Circus School operates out of the Harry Gerome Community Centre in North Vancouver. As of June, the school is scheduled to open a new space in the River Market at Westminster Quay.

Along with the school's instructional initiatives, they also offer professional entertainment services. This branch of the company, known as The Inner Ring, specializes in corporate functions, birthday parties and private events.

"We did the Sochi House during the Olympics," said Colleen Powell, the company's marketing manager. "We did some aerial hoops for them. But, we've also done events for companies like McDonald's."

For student Corey Atwell, the strict safety requirements the school adheres to was a big selling feature in getting him to sign up for classes.

"Everything is rigged very safely," he said. "I wanted to make sure I learned what I was doing properly."

Atwell, who takes the school's aerial silk class — a course where students learn to perform acrobatics while suspended by fabric — also admits that the extreme nature of the class was too much to pass up.

"It's fascinating," he said. "It makes people's jaws drop, and I wanted to do that."

All classes revolve around a standard 10-week session and cost $130. For further information on the school's programs, visit vancouvercircusschool.ca.

VANCOUVER CIRCUS SCHOOL PHOTO

Left: Students of the Vancouver Circus School in the student aerial silk class. Right: A student poses in the static trapeze class.

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Students learn to reach for the stars

DANIEL HENDRIKSEN
for Metro Vancouver

Students at Kwantlen Polytechnic University have a wide variety of options for interesting courses at their leisure.

One of those courses is Astronomy 1100, which is designed for students who do not have a science backround, but are interested in what the universe is all about. The course covers a wide variety of topics in the field of astronomy from the Earth and the moon to the Milky Way and other galaxies.

Takashi Sato, an astronomer with the department of physics at Kwantlen, says the course gives students some general knowledge about the universe and all of the aspects within it.

"It's a broad-based course so we don't normally get into a lot of depth about any certain aspect, but we do look at the solar system in detail, particularly planet by planet," says Sato.

"We study our own galaxy a little more than others because we have more information about it, and students taking the course are quite interested in the galaxy they live in."

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Catch the wave at surf school

LINA TOYODA
for Metro Vancouver

Surfers often travel around the world in the pursuit of waves, in their practice of the sport and lifestyle all the same.

For those who have dreamt of catching that perfect wave, however elusive, well, learning how to surf is fortunately within reach for Vancouverites.

Here on the West Coast, surfing is hardly mentioned without Tofino, B.C.'s coldwater surf spot. Located on the west side of Vancouver Island on its own peninsula, it is often dubbed the "surfing capital" of Canada.

So if you want to try your hand, Tofino offers year-round surfing and breaking waves or "swells" that can challenge surfers of all levels.

Estuardo Ventura, general manager of Pacific Surf School in Tofino, says beginners would ideally take a surf lesson.

"We teach people about surfing, so not only just how to stand up on the surfboard, but we educate them about the ocean environment, so we teach them about currents and hazards, about safety. We educate people so they can tackle any beach, any surf spot, anywhere in the world," he said.

Pacific Surf School has been providing surf lessons and camps for all ages since 1998.

Offering a five-to-one student-to-teacher ratio, a basic group lesson includes all necessary gear — wetsuit, booties, gloves and board — and runs three hours for $79 per person. Private lessons are also available as well as family and custom group sessions.

> **"We educate people so they can tackle any beach, any surf spot, anywhere in the world."**
> Estuardo Ventura, Pacific Surf School

Ventura says one lesson will get you going so you can then apply your new skills in the water. He says time in the water is needed and like anything, only practice makes perfect.

Over the past several years, the number of women participating in surfing has grown exponentially, says Krissy Montgomery, manager and owner of Surf Sister, a women's surf school in Tofino with a crew of all-female instructors.

Surf Sister's goal is to promote women in surfing by offering a safe and fun learning environment.

"Women approach the sport differently than males and are often a bit more cautious, and we are able to provide them with that extra bit of encouragement and knowledge to get them out there and enjoying the sport," Montgomery says.

"Also, women tend to look to other women for inspiration."

Having respect for the elements as well as the locals is also something to be mindful of when you're in the water.

"The number one surfing rule is the drop-in rule," Ventura says. "So what the drop-in rule states is one person per wave. This rule is not set for the best surfers to get the best waves. It is just there for any person who is in the line-up to catch their wave and take their turn so you don't have two, three or four people all going for the same wave. That's when accidents happen."

Surf lessons in Tofino are available throughout the year with summer being high season, but Ventura says spring and fall often have the best waves.

Go to surfsister.com and pacificsurfschool.com for more information.

BRADY CLARKE/PACIFIC SURF SCHOOL PHOTO

PHOTO COURTESY OF SURF SISTER

Pacific Surf School, left, has been providing surf lessons since 1998, while Surf Sister's goal is to promote women in surfing.

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Courses for green thumbs

DANIEL TAM
for Metro Vancouver

Flowers have begun to bloom with the arrival of spring, and adults interested in gardening have a variety of courses they can take at botanical gardens around the Lower Mainland.

Gardening enthusiasts or professional landscapers looking to learn more about gardening can do so with these classes, which offer introductory as well as advanced-level courses.

There are many courses gardening enthusiasts can take around the Lower Mainland.

Many of the classes available cater to people who are keen on learning more about gardening, but might not know where to find the information.

"Most people that come to us are already quite interested and already have a little bit of knowledge just from experimenting in their own gardens, but we don't require anybody to have any specific knowledge beforehand," said Ingrid Hoff, horticulture manager at the UBC Botanical Garden.

More advanced courses offered at the UBC Botanical Garden include hands-on classes that teach pruning techniques and plant grafting, which is the technique of fusing together two different plants.

"A lot of garden centres offer a lot of great workshops but they're very simple," said Hoff. "They're very good places for people to start, but we have classes that offer a little bit more here."

The range of classes available would also interest not only amateur and professional gardeners, but also those who just want to enjoy the beauty of nature.

DANIEL TAM/FOR METRO VANCOUVER

Students can learn basic growing techniques at the UBC Winter Vegetable Garden.

VanDusen Botanical Garden in Vancouver also offers similar courses, many of which are filling up fast, according to education director Gillian Drake.

"A lot of our garden design classes are quite popular," said Drake. "(Class sizes) are looking pretty good so far."

Members of VanDusen can register for courses at a reduced rate, and those who attend the class gain admission for the day.

While many courses take place in the classroom, classes like macro photography, pilates and watercolour painting are held outside in the garden, allowing students to experience the beauty of the plants and flowers while learning.

"We're trying to do more and more art and more using the garden for the art," said Drake. "There's not a more inspirational classroom in the city."

More information about adult gardening courses can be found at ubcbotanicalgarden.org and vancouver.ca/parks/parks/vandusen.

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EDITOR: EMMA.YARDLEY@METRONEWS.CA

Vegging out on a low carb diet

JANINE FALCON
for Metro Canada

Studies over the past few years suggest that a low-carb intake is a significant factor in weight loss, and that combined with a high-protein and high-fat approach, can help improve levels of good cholesterol (HDL) and lower triglycerides (fat), and thus reduce the risk of heart disease.

But what if you're a vegetarian? If you rely on carbohydrates as a significant diet component, how do you do low-carb?

The type of carbohydrate to avoid is key — we know not all carbs are created equal.

Those made with flour or sugar hit the top of the don't-eat list.

However, nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts, says Colette Heimowitz, VP of Nutrition and Education for Atkins, the low-carb diet which seemed to have the most independent-study success.

DAVID COOPER / TORSTAR NEWS SERVICES

Vegetarians need a wide variety of plant sources to give them all the amino acids they need for a healthy functioning body.

"People are only familiar with the initial two-week induction plan, which is designed to induce fat burning in the body rather than carbohydrate burning," Heimowitz says — surprisingly — that Atkins is vegetarian friendly.

For non meat-eaters, the program's protein, fibre, healthy fats and essential amino acids come from tofu, eggs, nuts, seeds and cheese, she explains. Also acceptable are cottage cheese, yogurt and vegetable oils.

"You need a broad variety of amino acids from a variety of plant sources," stresses naturopathic doctor Alan C. Logan, who researches and consults for Genuine Health.

For example, on paper, peas appear to provide all the necessary amino acids. But if you eat only peas, "you'll get some amino acids, but lack a few, including methionine, which is important for reducing joint inflammation, and tryptophan, which the body needs to manufacture serotonin, which regulates mood," he explains.

"You need an 'orchestra' of sources for everything you need."

Logan suggests making space in the low-carb allotment for small amounts of brown rice, which "provides a tremendous amount of antioxidants and fibre."

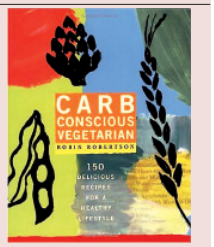
He also advises adding hemp, which serves up twice the lysine that tofu does for anti-viral and immune-system support, double the methionine of egg whites, and eight times the tryptophan available from milk.

"Nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts."

Brown rice, hemp and peas are in Genuine Health Vegan Proteins+, which contains all the essential amino acids and protein (also sourced from cranberries and alfalfa).

The powder supplement can back up a low-carb diet, and is formulated without animal products, corn, dairy, wheat, soy, yeast, sugar or preservatives.

A helping hand



Carb Conscious Vegetarian by Robin Robertson (June, 2005), $21.95 at amazon.ca; a recommendation by Dr. Logan for its recipes.

Genuine Health Vegan Proteins+ provides low-carb vegetarian back-up with essential amino acids and protein sans corn, dairy, egg, wheat, soy, yeast, animal products, sugar or preservatives. 280 g, $21; 840 g, $47, at health stores.

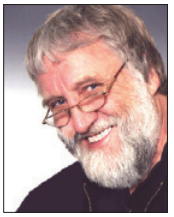
ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says **Professor John Tagg**, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths. "

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!



Professor John Tagg

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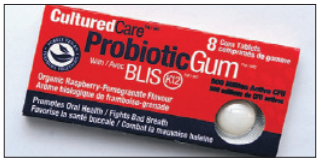
"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to `seed` BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg`s research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the US.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



CulturedCare Probiotic Gum with BLIS K12 is available at fine natural health product stores and pharmacies:

Alive Health Centre
Bentall Centre Mall
604-689-8262

Alive Health Centre
Oakridge Centre
604-263-3235

Choices Markets
Yaletown
604-633-2392

Kerrisdale
604-263-4600
W. 16th Ave.
604-736-0009

Choices Markets
Cambie Street
604-875-0099

Genesis Nutrition
604-608-0318

MJ'S Nature's Best Natural
604-323-1293

Nutrition House
Robson St.
604-632-0047

Burnaby
Alive Health Centre
Metropolis at Metrotown
604-430-9622

Choices Markets
Station Hill Drive
604-522-6441

At the Crest
604-522-0936

Full Life/Health Crafters
604-420-3771

Natural Focus Foods
604-291-6112

Nutrition House
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Coquitlam
Sears Health Foods
Coquitlam Centre
604-464-8600
Ext. 571

Surrey Alive Health Centre
Guildford Town Centre
604-581-3781

New Westminster Alive Health Centre
Royal City Centre
604 -526-6317

West Vancouver Alive Health Centre
Park Royal North
604-921-1928

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North Vancouver Victoria's Health
604-985-1185

Langley Country Life Health Food
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For info on CulturedCare call
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PHOTOS.COM

Breakfast sets up your body's energy levels for the rest of the day — don't skip it!

Become a champion of breakfasts

CELIA MILNE
for Metro Canada

Think of a good breakfast as fuel and medicine for your body.

"Skipping breakfast, regardless of age, is associated with poorer mental and physical health," says doctor of naturopathic medicine Dr. Tracey Beaulne.

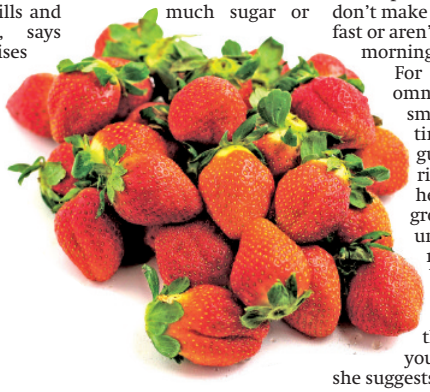
Studies have found that eating breakfast fights fatigue and emotional stress, cuts down on hunger later in the day, and enhances problem-solving skills and logical reasoning, says Beaulne, who practises at Bayview Natural Health Clinic and at the Active Therapy Clinic at the Granite Club in Toronto.

She sees a lot of patients who are relatively healthy, but would like to feel better than they do. Common complaints are recurrent colds and infections due to stress, fatigue from overwork, gastrointestinal issues from poor nutrition, insomnia, stress, and weight issues.

For her, the best kind of breakfast is one that includes lots of fibre, not much sugar or fat, and ample protein.

Sugary cereals and granola bars aren't the best option, says Beaulne. Many of her patients admit they don't make time for breakfast or aren't hungry in the morning.

For them, she recommends a smoothie. Try putting low-fat yogurt, blueberries, bananas, hemp oil, ground salba, and unsweetened almond milk in a blender. Adjust the flavour and thickness to your own taste, she suggests.



Questions to ask yourself before opening the fridge door

As a naturopathic doctor, Dr. Tracey Beaulne uses food as medicine. She suggests you ask yourself these questions:

- How can this food help my body?
- Is it colourful and packed with nutrients?
- Will it give me the protein my body needs?
- Am I getting the good fat I need from oily fish, avocadoes, nuts and seeds, and olive oil?
- Do I feel well after I eat this food?
- Am I getting the fibre I need for good bowel habits?

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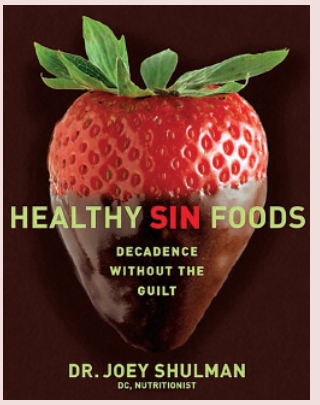
Books to beat that belly fat

HEALTHY SIN FOOD: DECADENCE WITHOUT THE GUILT
BY DR. JOEY SHULMAN
Chocolate, cinnamon and almonds — they sound more like the ingredients to a decadent desert than the building blocks to weight loss. Dr. Joey's breakdowns the nutritional value of the top 50 superfoods in an informative and engaging way. And with 101 mouth-watering recipes (gourmet grilled cheese, yes please!), you can't lose with this book. Except those extra pounds, of course!



FLAT BELLY DIET!
BY LIZ VACCARIELLO
Promising to shrink your waist in 32 days, this book lays out an easy-to-follow daily exercise routine, along with meal plans to take you through each week. The meals are easy to make and the book includes a weekly grocery list to make the shopping a piece of cake — well, more like a handful of almonds.

METRO NEWS SERVICES

Tips to live your life by

For better nutrition and overall health, checkout Dr. Tracey Beaulne's tips:

1. Eat more veggies than fruit.
2. Take a cooking class to expand your palate.
3. Do yoga, meditation, or qi gong to balance out the stress hormones of daily life.
4. Go to bed by 10 p.m. for optimal melatonin.
5. Exercise, for those feel-good endorphins.
6. When buying fruits and vegetables, buy organic, especially for "the dirty dozen" — peaches, apples, peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears (see ewg.org for more information).

CELIA MILNE/
METRO CANADA

GETTY IMAGES

The kitchen isn't the only place steaming up

The J Spot

When it comes to sex and food, you definitely are what you eat. An estimated 80 per cent of erectile problems are the result of hardened arteries restricting blood flow and can be traced to a diet high in fatty foods, sodium and red meat.

Women may not have the same isssue, but diet can also affect women's levels of desire, arousal and lubrication. Also, if you're eating well, you feel better about your body and feeling good about your body and feeling sexy go hand in hand.

Food itself can be sexy. While there is no scientific proof behind the aphrodisiac quality of certain foods, studies have shown that chocolate — often touted as an aphrodisiac — contains phenylethylamine (PEA), a chemical that is also released in the brain when you fall in love. And one of the reasons shellfish such as oysters are considered an aphrodisiac is because they're loaded with zinc, important for sexual vitality.

Texture is often what makes foods we think of as aphrodisiacs so stimulating, like the creamy, sweet texture of chocolate or the juicy flesh of a ripe mango.

The word itself derives from Aphrodite, the Greek goddess of love and mother of Eros (the Romans knew the two as Venus and Cupid). Aphrodite rose naked on a scallop shell from the sea foam generated where the genitals of her father, Uranus had been hurled after his castration in one of those divine disturbances common in Greek mythology. The Fates assigned the goddess only one duty: To make love. Not a bad gig.

When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat. Sharing a first meal with a new lover can be very exciting and revealing. A person's table manners can speak volumes.

Cooking for a lover can also be a real turn-on. Going to the trouble of finding out what they like to eat and then shopping, cooking, decorating the table with flowers and candles and cracking open a nice bottle of wine makes them feel pampered and special. Talk about foreplay.

Finally, there's nothing like cooking a meal together to test the power dynamics of a relationship. If no one loses any fingers or ends up with a meat cleaver in the head by the time you sit down to eat, the relationship might stand a chance.

Bon appetit!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

NUTRACLEANSE

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

NUTRACLEANSE is sold in 1kg bags in over 100 stores in the Lower Mainland. A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you!

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

Many users of NutraCleanse who were previously overweight report a return to healthy body weight when used in conjunction with minor dietary changes and light exercise such as walking. Used as directed it is very filling and staves off hunger for many hours. NutraCleanse for breakfast, fresh fruit for lunch, and a normal dinner will in most cases bring weight down to an optimal level.

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION 30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS
NutraCleanse contains the following all-natural organic ingredients:
Ground Flax Seed
Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

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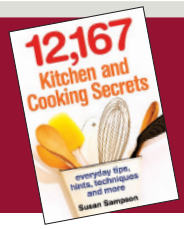
The baking bond

A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. METRO NEWS SERVICES

Food



Culinary tips collected

If your method of cooking Italian risotto consists of stirring the ingredients in a pot over a hot stove for what seems to be ages, there is a simpler technique. It can be found in Susan Sampson's 12,167 Kitchen and Cooking Secrets: Everyday Tips, Hints, Techniques and More (Robert Rose, $27.95, paperback). The Toronto Star food writer offers readers more than 700 pages of food tips and suggestions brought about by new technology. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Spring sipping

Talk about March madness. The weather has been so civilized in my neck of the country that I've been out raking some of the leaves from last fall that I've been pretending belonged to my neighbours.

The best thing about warm early spring temperatures is that they give you a head start on cracking open some floral white wines: Ones that mirror the fresh aromas and flavours associated with the season.

Chenin blancs top my list. Long associated with France's Loire Valley and the vineyards of South Africa, the off dry wines made with the grape sadly continue to lose ground to fruitier competition created with riesling and viognier.

Produced in South Africa's Western Cape **MAN Vintners' 2008 Chenin Blanc** ($11.99 - $13.99) combines tropical fruit with palate-tingling acidity, making it a nice match with fruit, fish and light chicken dishes.

Chenin blanc may be the only white grape not (I think) in the **2008 Conundrum** ($24.95 - $29.29): A mysterious California blend that sports a new label to go along with this latest vintage. Big on exotic fruit flavours, it's a springtime classic.

So goodbye winter, let's just hope Mother Nature isn't getting a jump on April Fool's Day.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Kid favourites

My newest book (17th!) titled, Rose Reisman's Family Favorites has just hit the stores.

I'm so excited about this book because it addresses what we all have to be more aware of and that's bringing our families back to the table to "break bread." Here are a few of my favorite family meals:

Rose Reisman's Mushroom and Spinach Miniature Lasagna Rolls.

Mushroom and Spinach Miniature Lasagna Rolls

PREP TIME: 20 MINUTES
COOK TIME: 45 MINUTES

Instead of making the usual lasagna, in which leftovers often seem to go to waste, I opted for this version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

SERVES 4

INGREDIENTS:

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce (or store-bought spaghetti sauce)
- 3 Tbsp shredded mozzarella cheese

METHOD:

1. Preheat the oven to 400°F.
2. Bring a large pot of water to a boil. Add the lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.
3. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the mushrooms and sauté for 5 more minutes or just until the mushrooms are no longer wet. Add the spinach and allow the spinach to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.
4. Place the mixture in the bowl of a food processor and pulse on and off until it is uniformly chopped.
5. Pour 1 cup of the tomato sauce into a 9- x 13-inch or 11- x 7-inch casserole dish. Spread about 1/4 cup of the cheese mixture along the length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour the remaining 1/3 cup of the tomato sauce over and sprinkle with the grated mozzarella cheese. Cover with foil and bake for 20 to 25 minutes or just until heated through and the cheese is melted. Serve hot.

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Sweet 'n Sour Chicken Meatballs with Rice

PREP TIME: 20 MINUTES
COOK TIME: 30 MINUTES

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol of regular ground beef, but feel free to substitute any meat of your choice for the chicken. I like to use the Heinz style of sweet chili sauce for this recipe, since it's not as spicy as Asian chili sauce.

SERVES 6

INGREDIENTS:

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 Tbsp ketchup
- 5 Tbsp seasoned dry breadcrumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup diced red bell pepper
- 2 cup diced green bell pepper
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce (Heinz)
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 Tbsp chopped parsley

METHOD:

1. In a bowl, combine the chicken, onion, ketchup, breadcrumbs, egg and salt and pepper and mix well. With wet hands, form the meatballs, using about 1 Tbsp of the mixture for each. Place on a plate and set aside.
2. In large saucepan, heat the vegetable oil over medium heat. Add the garlic and onion and cook just until softened, about 3 minutes. Add the bell peppers and cook for another 4 minutes. Add the tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce the heat and simmer for 25 minutes, or until the meatballs are cooked through.
3. Meanwhile, bring the rice and water to a boil, then cover and simmer for 10 minutes. Remove from the heat and let stand for 10 minutes, covered.
4. Serve the meatballs and sauce over the rice. Garnish with pineapple and parsley.

Rose Reisman's Sweet 'n Sour Chicken Meatballs with Rice.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

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Evans promoted to captain

The Hollywood Reporter is reporting that Chris Evans has officially been offered the role of Captain America. If the Fantastic Four actor were to accept the role, he would sign on for up to three Captain America movies. PEOPLE.COM

Entertainment

Just Married!

Borat star Sacha Baron Cohen has married longtime girlfriend actress Isla Fisher, according to Women's Day. The ceremony reportedly took place in Paris, where the two spent a week at the Hotel Ritz. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

The boy next door

Teen heartthrob Justin Bieber is just too cute to hate

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

It may be just me, but I really want to hate Justin Bieber. The 16-year-old Canadian kid, in case you've been living under a rock, is one of the biggest musicians in North America right now.

He's everywhere — from chatting with Katie Couric and posing for the cover of Billboard Magazine to weeks being on Twitter's trending topics list, it's impossible not to run into something Bieber.

The oversaturation is not why I want to dislike the skinny, androgynous looking boy from Stratford, Ont., though it doesn't help. The reason? There isn't one — he's hard not to like.

Don't get me wrong, Bieber is obnoxious — he's got an odd speaking voice, sounding like a mixture of Jay-Z, suburban Canuck and cocky teen, and he's not doing anything for his fans' musical tastes, who are stuck singing eye-rolling saccharine pop that sounds like a mixture of Michael Jackson, 'N Sync, and every American Idol winner.

But Bieber's appeal lies beyond his mostly forgettable melodies — the singer knows how to connect to his audience in a way most acts can only dream of.

What I like about Bieber is that he acts, sings and talks like a teenager, albeit a teenager who has countless adoring female fans and a travel schedule that takes him around the world. He talks about his mom a lot, he's never made it a secret that he was discovered via embarrassing videos of him playing what looks like an oversized guitar on YouTube (he's just really small) and he writes, cleanly, about the same, turbulent, adolescent love that us adults are happy to forget. How can you dislike a guy that sings "adore ya, girl I want ya… you're my special little lady, the one drives me crazy?"

Bieber's new album, My World 2.0, closes with a ballad about seeing his girl out with another guy. "Did you think that I wouldn't see you out at the movies," he sings on That Should Be Me, before launching into a gut wrenching (for a pre-teen) chorus about how it should be him "holding your hand." At the risk of sounding condescending, the whole act is really cute.

And that's exactly why he's as popular as he is. More so than Justin Timberlake or New Kids on the Block, Bieber is the boy next door. He's not particularly handsome, he's got a faux-

Justin Bieber, whose rise to fame has been meteoric, is poised for further success with the release today of his album, My World 2.0.

edge that many teenage boys put on for the girls, and he loves to hang out at the mall (or at least perform there). He's wholesome without being Disney — he's the kid who'll grow up to be a doctor or maybe an accountant. For everyone wondering why this guy is so popular, there's your answer. And you know what? I can't fault him for playing to his audience.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/23/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Laughs	Comedy Fest	CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	Lost "Ab Aeterno" (N) (CC)		American Idol The top 11 contestants perform. (Live) (CC)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Archaeologist	The Insider	Islam 101 (CC)		Enigma "Tarot" Tarot deck.		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Outlaws and In-Laws"		NCIS: Los Angeles (CC)		The Good Wife "Lifeguard"		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Lost "Recon" (N) (CC)		The Middle	Old Christine	(:06) V "The Arrival" (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser The contestants return home for a visit. (N)				Parenthood "Wassup" (N)		EP Daily
	-	-	14 CW	The Office	The Office	90210 (N) (CC)		Melrose Place "Mulholland"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Outlaws and In-Laws"		NCIS: Los Angeles (CC)		The Good Wife "Lifeguard"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser The contestants return home for a visit. (N)				Parenthood "Wassup" (N)		KING 5 News
	602	568	19 W	Supernanny "Jeans Family"		Shopping	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Lost "Recon" (CC)		Lost "Ab Aeterno" (N) (CC)		(:06) V "The Arrival" (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	Top of the World ★ (1998, Action) Peter Weller, Tia Carrere.				Seinfeld	King	Cold Files
	291	383	27 PBS	Change Your Brain, Change Your Body (CC)				Victor Borge: 100 Years of Music & Laughter!			Rick Steve Mediterranean	
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol The top 11 contestants perform. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	29 PBS	Playing for Change: Peace		John Denver: The Wildlife Concert (CC)			Playing for Change: Peace Through Music			Change, Brain
	296	654	30 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Foreclosure	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Melrose Place "Mulholland"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey: Canucks at Oilers			Sportsnet	MMA Conn	UFC	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) Curling 2010 World Women's Championship: Canada vs. United States.					SportsCentre	SnowTrax	Motorcycle	SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		Monster Jam		Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly "iCook"	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Billy Connolly: Journey to the		My Kid Could Paint That ★★★ (2007) (CC)			Hardwood	Invisible City
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	(6:30) Muchmusic Countdown		UR11		Gossip Girl (CC)		Video on Trial	Video on Trial	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	31 A&E	CSI: Miami "Divorce Party"		CSI: Miami "Wrecking Crew"		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		CSI: Miami
	628	584	32 SPKE	Blue Mountain	Players (N)	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Players	Blue Mountain	Mysteries
	521	560	34 TLC	Table for 12 "First Ski Trip"		19 Kids and Counting (CC)		19 Kids-Count	19 Kids-Count	Table for 12 "First Ski Trip"		Ultimate Cake
	616	522	39 SHO	Relic Hunter (CC)		The Perfect Child (2007, Drama) Rebecca Budig. (CC)				Drop Dead Diva (CC)		NCIS (CC)
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Matrimony"		Without a Trace (CC)		Johnny Cash Prison Concert		Johnny Cash
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives of New York		Real Housewives OC		Runway
	520	505	42 DIS	Swamp Loggers "Money Pit"		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers "Money Pit"		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe Details of the Observer.		InnerSpace	Stargate SG-1 "The Cure"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight Chris Jericho.		The Office	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice (N) (CC)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	(5:00) The Pelican Brief (1993)		Something to Talk About ★★ (1995) Julia Roberts, Dennis Quaid. (CC)					Rain Man ★★★★ (1988)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:30) Angels & Demons ★★ (2009) (CC)			Seven Pounds ★★ (2008) Will Smith, Rosario Dawson. (CC)				Harold & Kumar Escape	
	581	566	101 MTV	16 and Pregnant (N) (CC)		MTV Live	Sex News	Spring Break Challenges		16 and Pregnant (CC)		MTV Live
	261	394	102 V	The Lost Tomb of Jesus		Archaeology Minefields		Unearthed (CC)		Tomb of Jesus (CC)		Archaeologist
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife

When a judge overturns a straightforward plea deal arranged by Alicia (Julianna Margulies), she and Kalinda (Archie Panjabi) delve into the jurist's record in an effort to understand his motivation. To Will's (Josh Charles) delight, Diane (Christine Baranski) gets an offer that she cannot refuse — one that would force her to leave the firm. Tony Goldwyn, Kate Burton, Michael Boatman and Dash Mihok guest star in "Lifeguard." 10 PM on CBS,

Parenthood

Adam and Kristina (Peter Krause, Monica Potter) resort to questionable tactics as they investigate Haddie's (Sarah Ramos) secret relationship. Jabbar (Tyree Brown) has an accident under Crosby's (Dax Shepard) watch. Sarah (Lauren Graham) is at a loss about how to deal with Drew's (Miles Heizer) budding maturity. Julia and Joel (Erika Christensen, Sam Jaeger) are reluctant to let Amber (Mae Whitman) baby-sit for them in the new episode "Wassup." 10 PM on NBC, CITY

Mike Tyson pigeon show under fire

TV An animal welfare group wants New York City prosecutors to investigate Mike Tyson's reality television show about pigeon racing.

People for the Ethical Treatment of Animals says the Brooklyn-based show is cruel to animals and its races could involve illegal gambling.

The show will follow Tyson as he competes in pigeon races. The former world heavyweight champion has raised pigeons all his life but is a racing rookie.

The show airs next year on Animal Planet. A spokeswoman says there have never been plans for wagering on the races.

THE ASSOCIATED PRESS

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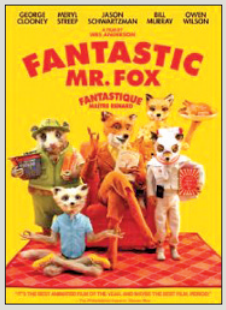
Run Shia run
Shia LaBeouf ran the Los Angeles Marathon in less than five hours on Sunday. The Transformers actor ran the 26.2 mile race to raise money for charity US VETS in four hours, 35 minutes. **METRO NEWS SERVICES**

DVD picks



Fantastic Mr. Fox

Directors: Wes Anderson

DIRECTOR/WRITER Wes Anderson and co-writer Noah Baumbach make a few modest changes from Roald Dahl's eponymous source novel about a furry chicken thief, but they remain faithful to Dahl's good spirit and sense of wonder.

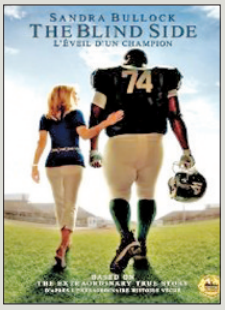
At first glance, it's somewhat puzzling that Anderson, a dedicated hipster Texas filmmaker now living in chic Parisian exile, would be attracted to Dahl's veddy British bedtime story. But the mystery is resolved soon. Mr. Fox, voiced by George Clooney, is as hip as they come.

As we join the story, Mr. Fox is having a vulpine mid-life crisis. He's a successful and snappily dressed newspaper columnist, loyal spouse to Felicity (Meryl Streep) and devoted father to son Ash (Jason Schwartzman). But he's no longer happy living in a hole and wants to relocate to fancier digs in a hilltop tree and he's eager to return to a life of "pure wild animal craziness."

His lawyer Badger (Bill Murray) warns him the tree is within shooting distance of the farms of Boggis, Bunce and Bean, "three of the meanest, nastiest, ugliest farmers in this valley." Mr. Fox is undeterred. He plans the proverbial "one last big job" both to replenish the larder and to prove he still has foxy cojones.

With an engaging story, painstaking retro stop-action animation, an agreeably perverse soundtrack and dreamy colour palette, Fantastic Mr. Fox is a crowd pleaser for all ages.

Extras include numerous making-of features about the film and backgrounders on the world of Dahl, including one called A Beginner's Guide to Whack-Bat.



The Blind Side

Directors: John Hancock

SUPSICIONS THAT Sandra Bullock received her recent Best Actress Oscar as a career achievement award rather than more immediate recognition are amply borne out by this schmaltzy hit.

It's the feel-good motivation sports tale of rich white southerner Leigh Anne Tuohy (Bullock), who takes impoverished and illiterate black youth Michael Oher (Quinton Aaron) into her family, to nurture the amazing football skills she's knows are within him.

Were it not based on a true story, that writer/director John Hancock has dressed up just a bit, the "liberal guilt" aspect of the film might be too much to take. Even knowing there is a real Tuohy doesn't make The Blind Side any less cavity-inducing, or utterly predictable in its narrative arc.

Still, it must be said that Bullock excels at this kind of character and the film actually plays better on the small screen than it did on the big one. It seems like a "Movie of the Week" that successfully made a Hail Mary pass.

The extras on the plain DVD are limited to deleted scenes. The Blu-ray version offers a chance to see Bullock with the real Leigh Anne Tuohy, and to marvel at how much they are alike.

Peter Howell/for Metro Canada

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Duhamel, Fergie waiting for parenthood

Josh Duhamel and his wife Fergie will be parents one day. Just not yet, people.com reports. "We'll go there are some point," he said at the ShoWest convention in Las Vegas, while promoting his movie Life As We Know It. METRO NEWS SERVICES

Celebrity Buzz

McGee says James is a gentle, nice guy

YEAH AS LONG AS YOU AREN'T MARRIED TO HIM Jesse James' alleged tattooed mistress Michelle McGee hasn't been in contact with the biker, 40, since news broke of their affair last week, us-magazine.com reports. But over the weekend, she praised him for the way he treated her during their alleged 11-month affair.

"He was a nice guy — most guys who do what he does have an attitude," she told the New York Post. "But he was gentle."

But she told the Post right now she is more concerned about a custody battle with her ex-husband Shane Modica over their five-year-old son, Avery.

On Saturday, McGee — who reportedly has returned to work at the Pure Platinum Strip Club in San Diego — visited her son, who was with his father in San Diego. As she said goodbye, she planted a kiss on Avery's cheek.

In court papers filed Friday, Modica asked for temporary and legal custody of the boy, whom he said was in danger in light of McGee's sex scandal.

"If she sees Avery, she will bring these curiosity seekers and glory hounds down on herself and Avery, totally confusing him and frankly scaring him," Modica wrote in legal papers. A judge denied Modica's request.

Meanwhile, James (who's still wearing his wedding ring) returned to work at West Coast Choppers over the weekend. Bullock, 45, is still M.I.A.

METRO NEWS SERVICES

Neeson 'heroic': Egoyan

A HERO ON AND OFF THE SET Liam Neeson has been called "heroic" by Chloe director Atom Egoyan, femalefirst.co.uk reports.

Neeson was working on the movie alongside Julianne Moore and Amanda Seyfried when his wife Natasha Richardson died after a skiing accident. Despite troubles in his private life the actor returned to work to complete the movie Chloe.

Speaking to Contactmusic the director said: "We tried to protect him. No one knew when exactly he was coming back, but he was nothing less than heroic, especially considering the story.

"He wasn't forced to come back. No one tried to talk to him about what happened. He's an amazing man."

Since the death of his wife the actor has thrown himself into work and his has a string of projects on the horizon. He will next be seen in Louis Leterrier's remake of Clash of the Titans, in which he takes on the role of Zeus.

METRO NEWS SERVICES

Doherty arrested ... again

AND HERE IS ANOTHER SHOCKER, IT'S DRUG RELATED Pete Doherty has been arrested on suspicion of supplying drugs to dead heiress Robin Whitehead, femalefirst.co.uk is reporting.

The 31-year-old Babyshambles rocker attended a police station voluntarily to face the charges on Friday.

A spokesman for the London Metropolitan Police said: "A 31-year-old man was arrested on March 19 on suspicion of supplying controlled drugs. He was bailed to return on a date in April pending further inquiries."

Whitehead had been working on a documentary about Doherty before she died of a suspected overdose in an east London flat on Jan. 24. Doherty previously admitted he visited the property the day before and the day after she died but claimed he stayed at his home in Wiltshire in between those times.

METRO NEWS SERVICES

Idol wants Conan

HOPEFULLY SIMON GIVES HIS TAKE ON NBC AND LENO The Hollywood Reporter's Live Feed is reporting that Conan O'Brien was approached to appear on the special American Idol episode, Idol Gives Back on April 21.

Though it would appear O'Brien can't accept given his settlement terms with NBC that prohibit him from making any TV appearances before May 1, the offer is still an intriguing development in the ongoing talks with Fox about a potential late-night show for O'Brien on the network, adds Entertainment Weekly.

O'Brien's 30-city comedy tour — called the Legally Prohibited From Being Funny on Television Tour — includes a number of Canadian dates.

METRO NEWS SERVICES

Brangelina, Depp playdate

JUST A SHORT TRIP TO ITALY TO SEE YOUR FRIENDS Talk about a power playdate. On Sunday, Brad Pitt and Angelina Jolie took four of their kids — Maddox, Pax, Zahara and Shiloh — to Johnny Depp's house in Venice, Italy. Depp, 46, who has two kids, Lily-Rose and Jack, with longtime partner Vanessa Paradis, us-magazine.com reports.

Jolie, 34, and Depp, 46, are currently shooting the dramatic thriller The Tourist.

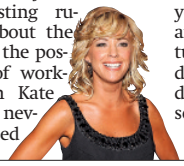
METRO NEWS SERVICES

Kate casting surprised partner

YOU THINK HAVING EIGHT KIDS WOULD MAKE HER TOO BUSY FOR DANCING Tony Dovolani was the only one in the dark. The Dancing with the Stars pro says he doesn't read casting rumours about the show, so the possibility of working with Kate Gosselin never crossed his mind, tvguide.com reports.

"Everyone was thinking that except me," he tells tvguide.com. "I don't read rumours. If you do and set your heart on somebody and don't get them, or it turns out the person is not doing the show, then you're disappointed even if you get somebody great."

METRO NEWS SERVICES



Lavigne, Whibley reconnect

CANADA'S SONNY AND CHER? Despite filing for divorce last year, Avril Lavigne and Deryck Whibley seemed to be enjoying each other's company during a night out in L.A. recently that included drinks at the Chateau Marmont and ended at a tattoo shop at 1 a.m., according to TMZ. Sources say the pair seemed a little tipsy when they entered the shop — and when they emerged later, each sporting a bandaged forearm.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN doesn't appreciate her dad talking to the press, **LILY ALLEN** is experiencing technical difficulties, **STAR JONES** is trying to enjoy her time in the hospital, and **JIM CARREY** doesn't know what to tell his girlfriend.

@lindsaylohan my father is a liar, and whatever new weekly magazine is, is all false! typical tabloid(s).

@lilyroseallen TalkTalk.5 months subscription, 300 quid in phonecalls and still no Internet.please send engineer!Meanies.

@StarJonesEsq Thank you for all the good wishes and prayers...I feel them all. By the way...who knew ice chips could taste like steak! hahahahaha

@JimCarrey no joke...Jenny wants to know why some guys cheat on their women, for her new book on sex. anybody?

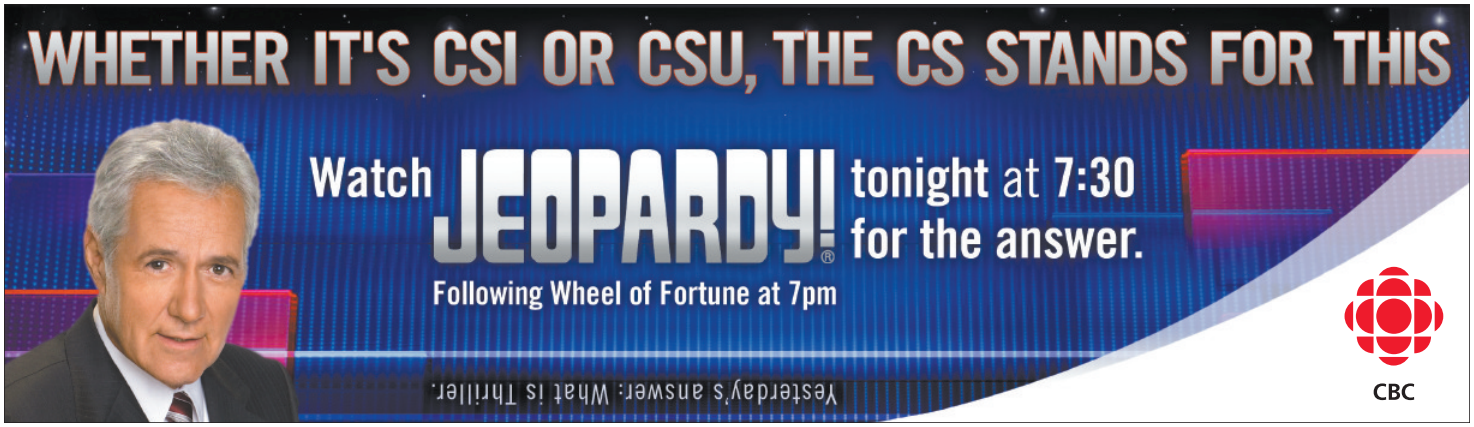
METRO NEWS SERVICES

Naomi embarrassed about past actions

BUT THEY ARE THE ONLY REASON PEOPLE STILL TALK ABOUT YOU Naomi Campbell is taking the opportunity of her upcoming 40th birthday for a bit of reflection and introspection, admitting she's embarrassed by some episodes from her past.

"I'm human, I make mistakes," she tells Live magazine. I'm not proud of the things I've done and the incidents that have happened in my life, and I would never say I was."

METRO WORLD NEWS



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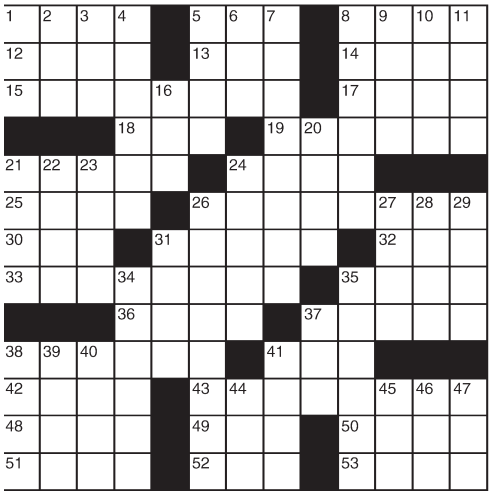
Take Five



ACROSS

1 Hook point
5 Conclude
8 Data, for short
12 Concept
13 Hawaiian garland
14 Harvest
15 Favorable spots for viewing
17 Slime
18 Bart, to Homer
19 Put in cans
21 Wan
24 Mata —
25 Urban disturbance
26 Melodic jewelry holder
30 Carte lead-in
31 Kinds
32 Gorilla
33 Sports page grid
35 Small songbird
36 Oodles
37 Gladiatorial venue
38 Actress Hedy
41 Palindromic Turkish title
42 Addict
43 TV, slangily
48 Squad
49 Turf
50 Sharpen
51 Wild and crazy
52 Ram's mate
53 Raced

DOWN

1 Tucker's partner
2 Commotion
3 Tyrannosaurus —
4 Hound type
5 Verve
6 Badminton barrier
7 Aversion
8 Kind of funny
9 Night light?
10 Disconcert
11 Newspaper page
16 A billion years
20 Rainbow
21 Bedouin
22 Missile shelter
23 Welles' "War of the Worlds," e.g.
24 "Step on it!"
26 Twilight occurrence
27 Naked
28 Tournament format
29 TV's "Warrior Princess"
31 Wound reminder
34 Smugly ingratiating
35 Angers
37 Past
38 Figure skating jump
39 On the briny
40 Intend
41 Staffer
44 Part of DJIA
45 Jazzy style
46 Inseparable
47 Crossed (out)

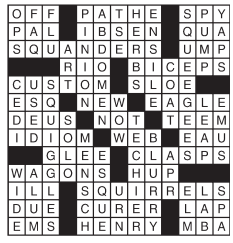
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8		2		6		5	
	2	1				4	6	
7								3
		7	1	2	4	9		
		5	9	6	7	3		
1								9
	5	9				8	3	
	6		8		2		7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	2	6	5	1	4	9	7	3
3	5	1	9	8	7	2	4	6
4	7	9	3	2	6	5	8	1
7	1	3	4	6	2	8	9	5
5	6	4	8	9	3	1	2	7
9	8	2	1	7	5	6	3	4
6	3	5	2	4	9	7	1	8
1	9	7	6	3	8	4	5	2
2	4	8	7	5	1	3	6	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Smoked Salmon Pancakes

INGREDIENTS:

1 1/4 cups 1% milk
3/4 cup sour cream
1 tsp lemon juice
2 eggs
4 scallions, chopped
2 large sprigs fresh dill
2 cups all-purpose flour
125 g smoked salmon trimmings, cut into fine strips
Canola oil
Snipped chives, to garnish

METHOD:

1. Use fork to whisk 2 tbsp sour cream and lemon juice into jug of milk. Pour half into blender. Add scallions and eggs; blend 1 minute. Add dill and flour; blend until smooth with pieces of scallion and chopped dill. Add remaining milk mixture and blend. Stir in 50 g salmon and season with black pepper.

2. Preheat oven to 300°F. Heat frying pan to medium hot; add oil and swirl to coat. Spoon in 2 tbsp batter to make pancake 3 1/2 in. across. Make two or three more, spacing slightly apart. Cook until small bubbles appear on surfaces and tops are dry. Turn over and cook about 1 minute. Remove from pan and keep warm in oven on baking sheet. Repeat for remaining batter.

3. Put teaspoon of sour cream in centres of pancakes, then top with slivers of smoked salmon and garnish with chives. Serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You take a more relaxed and balanced view of life, which in turn enables you to get what you want without causing friction or making enemies.

TAURUS ♉
APRIL 21-MAY 21
Just because one person has let you down does not mean that everyone is going to let you down. Try not to be too critical of other people today.

GEMINI ♊
MAY 22-JUNE 21
Listen to your instincts: they won't let you down. The experts may tell you one thing but it is your inner voice you must trust.

CANCER ♋
JUNE 22-JULY 22
Be nice to the people you work with. You may resent the fact that some of them are lacking in talent and motivation but they are different for a reason.

LEO ♌
JULY 23-AUG 23
The reason why certain new ideas look less threatening than they did a few days ago is because you are beginning to understand what they are all about.

VIRGO ♍
AUG 24-SEPT 22
Today you have to deal with an annoying situation without allowing yourself to get annoyed by it. Take the long view and stay calm.

LIBRA ♎
SEPT 23-OCT 23
Venus is moving through the relationship area of your chart, which means others will see the best in you even when your behavior is at its worst.

SCORPIO ♏
OCT 24-NOV 22
Routine tasks will bore you today, but they have to be done so you are advised to get your head right and get on with them.

SAGITTARIUS ♐
NOV 23-DEC 21
The planets indicate there is only one of what you want, so you had better make sure you are first in line. A more dynamic approach is a must today.

CAPRICORN ♑
DEC 22-JAN 20
If someone you have not been getting along with lately says nice things about you today you will be suspicious about it. But there is really no need.

AQUARIUS ♒
JAN 21-FEB 18
Someone who may not be able to say how they feel in words will find another way to express their love. Are you listening?

PISCES ♓
FEB 19-MARCH 20
Why the big rush? Why the long face? Slow down for a minute and allow yourself to see that what you think is so urgent is nothing of the sort.

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+Taxes & other fees (including service charges): $131

USA

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Flamingo Las Vegas • 3 1/2★
Deluxe rm.
May 3 • 3 nts.
$399
+Taxes & other fees (including service charges): $131

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Apr. 13, 14, 19–22, 24, 27 & 28
1 wk.
$1089
+Taxes & other fees (including service charges): $280
Please add $50 for Sat. departures

DOMINICAN REPUBLIC

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Apr. 1, 3, 4 & 25 • 1 wk.
$1099
+Taxes & other fees (including service charges): $314

CUBA

Varadero

Sol Sirenas Coral Resort • 3★
All-Inclusive • Standard rm.
Mar. 26 • 1 wk.
$599
+Taxes & other fees (including service charges): $212

Superclubs Breezes Bella Costa • 3★
All-Inclusive
Standard rm. no balcony
Mar. 26 • 1 wk.
$679
+Taxes & other fees (including service charges): $212

COSTA RICA

Liberia via Toronto

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
May 8, 15 & 22 • 1 wk.
$1329
+Taxes & other fees (including service charges): $209
Departure tax: 26 USD cash, paid locally

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Aston at the Maui Banyan • 3★
Value rate – One-bedroom, one-bathroom standard rm.
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$849
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Meliá Puerto Vallarta • 4★
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Deluxe garden view rm.
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PRIVILEGES
$1099
+Taxes & other fees (including service charges): $264

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All-Inclusive • Deluxe rm.
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$1099
+Taxes & other fees (including service charges): $266

DEAL to EUROPE

Rome via Toronto
Mercure Rome Piazza Bologna • 3★
Breakfast • Standard rm.
June 10 • 6 nts.
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DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
Apr. 11 • 1 wk.
$1099
+Taxes & other fees (including service charges): $314

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
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PRIVILEGES
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+Taxes & other fees (including service charges): $280
Please add $50 for Sat. departures

Gran Bahia Principe Jamaica

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Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 23 & 27, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Rome via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Louis Cruises' ships' registry: Majuro, Piraeus and Valletta. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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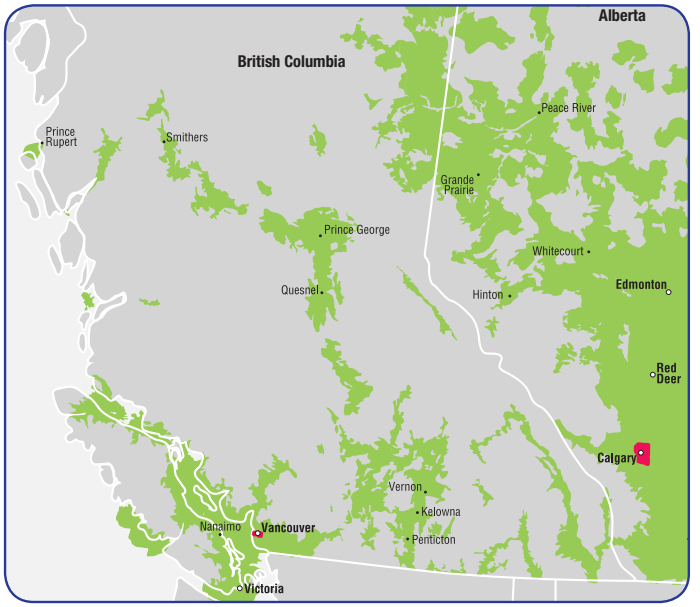

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3121 West Broadway
2748 Rupert St.
525 Seymour St.
625 Howe St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway
2338 Cambie St.

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Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
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3823 Henning Dr.
3430 Brighton Ave.

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Coquitlam Centre
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*Comparing HSPA/HSPA+ national networks: "fastest" according to tests of data throughput speeds in large Canadian urban centres, and "biggest" based on geographic coverage and population covered. © 2010 TELUS.